

1. Rate yourself: How good are you at keeping your promises to other people?  
0—I break promises all the time  
1—I sometimes keep promises  
2—I usually keep promises  
3—I always keep my promises
2. What is the last promise you made to someone? Did you keep it or have you not had the opportunity to keep it yet?  
2. When do you feel when someone makes a promise to you and then he or she breaks it? Is it easier to handle a broken promise when you understand the reasons why it was broken? How does it make you feel if you think the person who made the promise didn't really care that much?
3. How do you feel when someone makes a promise to you and then he or she breaks it? Later time (a day? a week?) and check yourself. How did you do? If you broke some promises, why did that happen?  
5. Make a list for one day of the promises you make to others. Then go back at a later time (a day? a week?) and check yourself. How did you do? If you broke some contracts to buy things, such as a car or a house?  
6. Adults often use contracts to make sure their promises to each other are kept. With what types of contracts are you familiar? Why do you think people need to have contracts to buy things, such as a car or a house?  
7. Why is it hard to use words like **always** and **never** when you make a promise to someone else?  
8. What are some silly promises you have made to others (or others have made to you), knowing that they won't be kept?  
9. Have you ever made a promise to someone else and realized immediately afterwards that you couldn't keep it? What was the promise? How did you feel?  
10. Is it ever OK to break a promise to someone else? Under what circumstances?



## Journal Ideas: Promise-Keeping